



State of Arizona  
**Department of Education**

**Tom Horne**  
Superintendent of  
Public Instruction

**CN# 05-07**

**MEMORANDUM**

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**To:** School Health & Nutrition Program Sponsors

**From:** Mary Szafranski, Deputy Associate Superintendent  
Arizona Department of Education, Health & Nutrition Services  
Kacey Frey, Health Program Director  
Arizona Department of Education, School Health & Nutrition Programs

**Date:** July 26, 2006

**RE:** USDA approved software requirements regarding vitamin A

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The purpose of this memo is to explain how the USDA approved nutrient analysis software reports the vitamin A requirement due to the changes in units of the Dietary Reference Intakes (DRI).

Recently, the reporting units for vitamin A within the DRI changed to International Units (IU) from Retinol Equivalents (RE). As a result, the USDA National Nutrient Database for Standard Reference will no longer be reporting vitamin A in RE. Furthermore, manufacturers are no longer required to report vitamin A in RE units. Manufacturer requirements will now be reporting vitamin A in IU for all Nutrition Facts labels.

It is mandatory that USDA-approved software display both measurements (RE and IU) for the nutrient standard specification since the National School Lunch Program uses RE and the Nutrition Facts labels uses IU. However, the approved software may display either unit on the nutrient analysis report. All approved-software developers were given charts for the nutrient standard specifications for comparing menu analysis to the defined nutrient requirements. These charts will be posted on our website at <https://www.ade.az.gov/health-safety/cnp/nslp/Memos/Memos06-07/> for your reference.

The vitamin A unit can be converted from RE to IU and vice versa. The manual conversion is a ratio of 1 RE to 5 IU. Please see the following example:

Original Unit of Vitamin A	Converting Factor	New Unit of Vitamin A
1125 IU	<b>Divide</b> by 5	225 RE
525 RE	<b>Multiply</b> by 5	2625 IU

If you have questions or concerns regarding this memo, please contact your assigned School Health & Nutrition Program Specialist at 602-542-8700